

AQUATICS PROGRAMS

Water Aerobics

Want to join a really fun group of people for some water exercise? It's easy on the joints, yet provides a great workout. No swimming ability required. Water is between 4 and 5 feet deep. Classes held at FCHS pool on Mondays and Wednesdays throughout the year. There is a possibility that Water Aerobics classes could be held at the new Franklin Community Junior High. Classes are 60 minutes long and taught by Barb Baker. When Franklin Schools are closed due to bad weather, classes are cancelled. Sessions include 16 classes (except session F is only 10 classes). No Classes Feb. 5, 11, 13, 20, March 3, 31, April 2, May 26, Sept. 1. (Swim meets/holidays/spring break)

CODE	COST	DAY	DATE	TIME
46008-A	\$32	M/W	1/7-3/17	7:30
46008-B	\$32	M/W	3/19-5/19	7:30
46008-C	\$32	M/W	5/21-7/21	7:30
46008-D	\$32	M/W	7/23-9/17	7:30
46008-E	\$32	M/W	9/22-11/12	7:30
46008-F	\$20	M/W	11/17-12/17	7:30

FREE! Discover Scuba Day

Join Cap'n Ron's Underwater Adventures for a **FREE!** trial Scuba class on Saturday, January 19. This free class is open to anyone 10 years old and older who can swim! All youth 10-18 must have a parent in attendance! All participants are required to sign a release of liability. Bring a swimsuit and towel! Locker rooms are available for changing. If you like it, you can sign up for a class to become certified! You must be able to swim 200 yards in order to become certified. Call 346-1198 to reserve a spot in a free class. Class times are 12:00, 1:00, 2:00, and 3:00 p.m. Maximum number of participants per class is 6. Get there early to get your paperwork in order!

Scuba Diving Certification

We offer Scuba classes at the FCHS pool. Class size is 6, and we will schedule them as needed. Cost of class, which includes; book, videos (or DVD), use of equipment, pool time and instruction, is \$245 per person. Call for more information!

Lifeguard Training Class

If you are interested in becoming certified in American Red Cross Lifeguard Training, then register for this class. You must be 15 years old and pass a 500-yard swimming test the first night. This is the only lifeguard training class we will offer in 2008. Pool sessions will be held at FCHS pool. CPR classes will be held at Franklin Cultural Arts & Recreation Center on a Saturday morning, March 22.

CODE	COST	DAY	DATE	TIME
47008-A	\$100	Mon./Wed.	3/3-3/26	6:00-9:00

LGT Re-certification Class (May)

47008-B	\$12 FPRD Staff	5/15	6:00-9:00
47008-C	\$26 Non-employees	5/15	6:00-9:00

Re-certification includes LGT, CPR for Professional Rescuer, AED, Oxygen, & Blood Borne Pathogens.

CPR Re-certification Class

47008-D	\$12 FPRD Staff	5/17	8:00 – 11:00 a.m.
47008-E	\$26 Non-Employees	5/17	8:00 – 11:00 a.m.

Introduction to Diving

This two-week diving clinic is for beginners with no former training in diving. For ages 6 and older. Participants must be able to swim in deep water. Maximum 8 participants per class. This class is being taught by two-time State Champion diver and certified elementary teacher Dee Woods. This clinic includes 4 classes.

CODE	COST	DAY	DATE	TIME
45008-A	\$34	M/W	4/14-4/23	6:00 pm
45008-B	\$34	M/W	10/6-10/15	6:00 pm



Swim Lessons are taught at the **NEW!** FCHS Pool

Private Swim Lessons

We no longer offer or arrange private swim lessons. We have many group lesson opportunities. If, however, you want private swim lessons, you may inquire at Franklin Memorial Swimming Pool after June 1. Our pool staff will be happy to provide a list of approved and certified swim lesson instructors. Our lifeguard staff is responsible for setting up and collecting for their own private swim lessons.

Swim Lessons

Give your child one of the greatest gifts a parent can give – swimming lessons! Our group lessons feature a 4 to 1 student-to-teacher ratio. Lessons are held at the FCHS pool and are for children 4 years and older. Certified and experienced teachers, plus a lifeguard/supervisor will be on duty. Participants are divided into groups by ability and age. Each class is 50 minutes long. Sessions D, E & F are only 4 lessons due to Spring Break.

CODE	COST	DAY	DATE	TIME
44008-A	\$30	M/W	3/3-3/19	6:30
44008-B	\$30	M/W	4/7-4/23	6:30
44008-C	\$30	M/W	4/28-5/14	6:30
44008-D	\$20	Sat	3/1-3/22	12:00
44008-E	\$20	Sat	3/1-3/22	1:00
44008-F	\$20	Sat	3/1-3/22	2:00
44008-G	\$30	Sat	4/12-5/17	12:00
44008-H	\$30	Sat	4/12-5/17	1:00
44008-I	\$30	Sat	4/12-5/17	2:00
44008-J	\$50	M-F	6/2-6/13	12:00
44008-K	\$50	M-F	6/2-6/13	1:00
44008-L	\$50	M-F	6/2-6/13	2:00
44008-M	\$30	M/W	6/2-6/18	6:30
44008-N	\$50	M-F	6/16-6/27	12:00
44008-O	\$50	M-F	6/16-6/27	1:00
44008-P	\$50	M-F	6/16-6/27	2:00
44008-Q	\$30	M/W	6/23-7/9	6:30
44008-R	\$45	M-F	6/30-7/11	9:00am
44008-S	\$45	M-F	6/30-7/11	10:00am

Improving your Diving Skills

This two-week diving clinic is for participants who have previously had some diving lessons and already know the approach steps and front/back entry. For ages 6 and older. Participants must be able to swim in deep water. Maximum of 8 students per class. These 4 lesson clinics are also being taught by Dee Woods.

CODE	COST	DAY	DATE	TIME
48008-A	\$34	M/W	4/14-4/23	7:00 pm
48008-B	\$34	M/W	10/6-10/15	7:00 pm

AQUATICS PROGRAMS

Watch for **NEW! aquatics programs upon the re-opening of the Jr. High School Pool. We will announce additional aquatics programs this fall!**

Aquatots Swim Time

Parents and tots will both enjoy this quality swim time program. The program gives parents the opportunity to interact with their child while introducing beginning swimming skills. Each parent/child team can work at their own pace and develop skills at their own rate. This class is designed for ages 9 months to 3 years old. Classes are 40 minutes in length. Pool water temperature is maintained at 82 degrees.

CODE	COST	DAY	DATE	TIME
43008-A	\$24	M/W	4/7-4/23	6:20
43008-B	\$24	Sat	4/12-5/17	12:00
43008-C	\$24	M/W	4/28-5/14	6:20
43008-D	\$20	M-F	6/2-6/6	12:00
43008-E	\$20	M-F	6/9-6/13	12:00
43008-F	\$24	M/W	6/2-6/18	6:20
43008-G	\$20	M-F	6/16-6/20	12:00

Community Swim Sundays 3:00 – 5:00 pm

Experience some quality family time during our Family Swim sessions. Bring the whole family to the FCHS pool for some family recreation and fitness fun. Cost is \$2 per person and **an adult 18 and older must accompany all children 12 and younger.** Adult does not have to swim, but does have to remain in the pool area. Children 12 and under who are dropped off without an adult present will not be allowed to swim. Non-swimmers need to be accompanied by an adult at all times. This is for the safety of all patrons. Lanes will always be available for lap swim. Please sign in with the lifeguard on duty. (Fall dates will be posted in September 2008).

**January 6, 13, 20, 27
March 2, 9, 16**

**February 3, 10, 17, 24
April 13, 20, 27, May 4**

Masters Swim Team

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults 18 and over. Our Masters Swim Club is a part of USMS. Our Masters team is open to all adult swimmers including fitness swimmers, triathletes, competitive and non-competitive swimmers. We practice at FCHS pool. Most practices will not be coached. However, Coach Jill Lazzell will offer stroke technique workshops featuring Total Immersion swimming, (as requested). Our practice schedule varies, so call for details. We practice most Mondays, Wednesdays and Saturdays and often times on Tuesdays and Thursdays. During the summer, paid Master swimmers may practice at the Franklin Memorial (outdoor) Pool at any time the pool is open. Participants must join USMS, which is an annual fee of \$40, plus the monthly fee to Franklin Parks and Recreation of \$22. Masters swimming practices year round. **\$22 discount** if you pay the entire year in January – only \$242.00. One month FREE!

CODE	MONTH	COST	CODE	MONTH	COST
42008-A	Jan	\$22	42008-G	July	\$22
42008-B	Feb	\$22	42008-H	Aug	\$22
42008-C	Mar	\$22	42008-I	Sept	\$22
42008-D	April	\$22	42008-J	Oct	\$22
42008-E	May	\$22	42008-K	Nov	\$22
42008-F	June	\$22	42008-L	Dec	\$22

Lap Swim

Adult lap swimming is available at the FCHS pool on Mondays and Wednesdays from 7:00 to 8:30 p.m. and usually on Tuesdays and Thursdays from 6-7:30 p.m., and usually on Saturdays from 10:00 – 11:00 a.m., September through May. The cost is \$2 per person per swim. Please sign in with the lifeguard on duty. Check with Franklin Parks and Recreation as the schedule changes due to high school and middle school swim meets and practices. These times and days are not guaranteed. Lap swimming is available during the summer at Franklin Memorial Swimming Pool (outdoor pool) and on limited days at the FCHS Pool.

Franklin Swim Club

Registration for the summer swim team will be held at FCHS pool on Tuesday, March 18, from 6:00 to 8:00 p.m. Participants must be able to swim 25 yards without assistance. This is NOT a swim lesson program. Coaching staff will determine if a participant does not meet the minimum swimming skill requirement, and they make ask that participants be removed from the program. If you miss registration night, you may sign up in our office from March 19th until program is full. Team suits will be ordered at registration night. Practice starts April 7th. Season ends with the Molly K. Gibson Invitational Swim Meet scheduled for Saturday, June 28th. Registration fee is \$90 per swimmer and must be paid when registering. Enrollment is limited in each age group. 40008 A – J

Our **thanks to Franklin Community High School** for allowing us to use their swimming pool facility for our programs. Please remember, if Franklin schools are closed due to bad weather, our programs will be cancelled. We cannot control the water or air temperature in the FCHS pool area. The pool water is maintained at a constant 82 degrees.

Fall Swim Team

Our Fall Swim Team features a program for middle school and elementary aged swimmers. Coaching staff will stress proper stroke, turn and start techniques in all four strokes. This is **NOT** swim lessons; participants must be able to swim 25 yards unassisted. Practices are held on Monday and Wednesday evenings 6:00 – 7:00 and Saturday mornings 10-11:00. Participants must be able to swim 25 yards unassisted. Coaching staff will determine if a participant does not meet the swimming skill requirement, and they may ask that these participants be withdrawn from the program until such time as they can swim unassisted.

CODE	COST	DAY	DATE	TIME
41008-A	\$50	M/W Sat	8/18-10/18	6:00 – 7:00 pm 10:00– 11:00 am
41008-B	\$50	M/W Sat	10/20-12/13	6:00 – 7:00 pm 10:00-11:00 am



ON-LINE Registration
www.franklinparks.org